

# Contents

<i>Meet the Author</i> .....	ix
<i>Acknowledgments</i> .....	xi
<b>Introduction</b> .....	1
<b>1 Defining Social-Emotional Learning for Students and Teachers</b> .....	7
<b>2 Getting Started: Introducing Social-Emotional Learning and Setting Up Your Classroom</b> .....	33
<b>3 Using the Activities and Your POP Chart</b> .....	55
<b>4 SELF Activities: Warm Up and Energize</b> .....	59
Brain Massage .....	60
Yoga Sequence 1 (Seated Poses) .....	61
Yoga Sequence 2 .....	63
Yoga Sequence 3 .....	66
<b>5 SELF Activities: Cool Down and Focus</b> .....	69
Write and Rip .....	70
Still Point .....	73
Lion's Breath .....	75
Ready to Learn Breath .....	78
Equal Breath .....	80
Name It and Doodle It .....	81
Secret Note .....	83
Memory Minute .....	84
<b>6 SOCIAL Activities: Warm Up and Energize</b> .....	85
Cooperation Circle .....	86
Tap-In and Tap-Out .....	89
Pass the Squeeze Circle and One-Word Check-In .....	91
Pass the Clap Circle .....	93



Goal Setting Postcard.....	94
Partner Mirroring.....	96
Compliment Partners.....	98
Shoulder Share.....	100
<b>7 SOCIAL Activities: Cool Down and Focus.....</b>	<b>103</b>
Positive Paperchain.....	104
Boom Board!.....	105
Pants on Fire!.....	107
Kind Kid Postcard.....	109
Talking Stick.....	110
Cotton Ball Breathing.....	112
Color Breath.....	114
Bee's Breath.....	115
Community-Based Service Learning Project.....	116
<b>8 Crafting SEL Stories.....</b>	<b>119</b>
<b>9 Cultivating Teacher Competency Through Professional Development.....</b>	<b>129</b>
<b>10 Executing the Professional Development Facilitator's Guides.....</b>	<b>139</b>
<i>Appendix.....</i>	<i>149</i>
<i>References and Further Reading.....</i>	<i>161</i>